



What to expect when donating **blood**

Each year, millions of Americans volunteer to give **the gift of life**. Because Michigan blood banks appreciate your decision to help save lives, we want to help you understand **the donation process**.

- You'll be asked for a **form of ID**, and to provide your **name, date of birth and Social Security number**.
- We will do a **mini physical exam** that includes checking your temperature, blood pressure and pulse, and a drop of your blood to be sure you have **enough Red Blood Cells (or iron)** to donate safely.
- You'll be asked about your **past and present health and lifestyle**, and we will answer any questions you may have. The interview will be **private and confidential**. Depending on your answers, you may be deferred from donating--either temporarily or permanently. **About 15 percent of donors are deferred at every blood drive**.
- You'll be **given a form** so you can let us know, privately, whether your blood is safe to give to another person.
- We will **cleanse an area of the arm** you will use to donate. All the **supplies--including the needle--are sterile** and used only once--for you.
- When we start the donation, you may feel a **brief sting from the needle**. Your blood donation will take about **10 minutes**, and will amount to about a **pint of blood**. Your body will replace the **Plasma** (or liquid part of blood) in hours, and your **Red Cells** in a few weeks.
- At the end of your donation, you'll receive **post-donation and call-back instructions**. You'll also be given a number to call if you decide after you leave that your blood may not be safe to give to someone else.
- Although **most people feel fine after donating blood**, a small number of people may have an upset stomach, feel faint or dizzy, or experience a black-and-blue mark, redness or pain where the needle was. Very rarely, a person may faint, have muscle spasms or suffer nerve damage.
- Before leaving the blood drive, you'll stop by our **canteen** for refreshments to help you rehydrate. You'll also have the chance to reflect on your generosity and for **volunteering to help save someone's life**. Be sure to find out the date you're eligible to give blood again. **You can donate every eight weeks, up to six times a year**.

Please **give blood**